



## **Franklin County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Franklin County School System in 2007-2008.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Franklin County School System that includes:

- School Health Advisory Committee
- Ten Healthy School Teams
- School Health Policies strengthened or approved – Student Wellness, Acquired Immune Deficiency, and Child Abuse and Neglect
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,666,659

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Campora Family Resource Center                       | ➤ Franklin County High School Health Occupations Club       |
| ➤ UT Extension Office                                  | ➤ Franklin County Lions Club                                |
| ➤ Franklin County Health Council                       | ➤ Franklin County Kiwanis Club                              |
| ➤ Franklin County Health Department                    | ➤ Franklin County Department of Human-Children's Services   |
| ➤ Franklin County Prevention Coalition                 | ➤ Substance Abuse and Mental Health Service Administration  |
| ➤ Franklin County Sheriff's Department                 | ➤ Tennessee National Guard Counterdrug Task Force           |
| ➤ Winchester Police Department                         | ➤ Huntland High School's P-Cubed Club                       |
| ➤ Southern Middle Tennessee Medical Center             | ➤ Franklin County High School's P-Cubed Club                |
| ➤ American Heart Association                           | ➤ Franklin County High School's Leo Club                    |
| ➤ Centerstone  | ➤ Motlow State Community College Student Nurses Association |
| ➤ National Institute of Drug Abuse                     | ➤ United Way of Franklin County                             |
| ➤ The University of the SouthShull Chiropractic Clinic | ➤ South Central Human Resource Agency                       |
|  | ➤ Family Counseling Center                                  |

- Blue Cross Blue Shield – Walking Works for Schools
- Junior's House
- Jason Foundation
- STEP (Striving Toward Excellence and Performance)
- Tennessee Office of Juvenile Justice

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as the School Health Advisory Committee, School Health Staff Coordinating Council, Healthy School Teams, 5k Runs, Remote Area Medical (RAM) Clinic, Angel Tree, and the Backpack program. Currently, 654 parents have collaborated with CSH.

Students have been engaged in CSH activities such as student health screenings, Remote Area Medical (RAM) Clinic, and "Community Health Awareness Night". Approximately 288 students have partnered with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Franklin County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – approximately 2200 students screened annually with an average of 180 students referred for vision, 64 students referred for hearing, 41 students referred for blood pressure, and 968 students referred for BMI for a total of 1253 students referred to a health care provider for at least one health related barrier to learning annually;

Students seen by a school nurse and returned to class – 26,064 student visits to the school nurse and 22,125 of those students returning to class for instruction during the 2010-2011 school year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA with 41% of students measured being overweight or obese for the 2010-2011 school year. However, that percentage has decreased from 43% in 2007-2008.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: four walking/fitness trails have been installed, three Dance Dance Revolution Sets have been purchased and utilized, playgrounds have been improved, equipment for physical education, equipment and curriculum for physical activity in the classroom, equipment for student health screenings, and comprehensive health education curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Tennessee Association for Health Physical Education Recreation and Dance Conference; Pediatric Diabetes Conference; Rural Health Association of Tennessee Conference, and Leadership Franklin County.

School faculty and staff have received support for their own well-being through active participation in physical activity with their students, wellness programs offered at many of the schools for staff, and an increase in the number of school sponsored 5K Runs.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model for comprehensive school health curriculum and training (K-8), *My Pyramid* and *Portion Distortion* banners in all cafeterias, nutrition education bulletin boards in all schools, monthly wellness newsletters (K-12), and health education library available to all teachers;
- Physical Education/Physical Activity Interventions – seven elementary schools participate in the Blue Cross Blue Shield “Walking Works for Schools” program with all seven earning “Extra Mile School” status each year they have participated, four walking/fitness trails have been installed at four of our elementary schools, improvements have been made to school playgrounds, three Dance Dance Revolution kits have been purchased for the elementary schools, Take 10! physical activity in the classroom training and curriculum has been implemented, physical activity DVDs have been provided to teachers for use in the classroom, playground balls and jump ropes have been provided, pedometers have been provided for use in the WWFS program and/or to use with the walking/pedometer activities books that were provided to each school, Stability/Fit balls have been provided to two schools for use both in the classroom and PE, and physical education/activity library available to all teachers;
- Nutrition Interventions – My Pyramid and Portion Distortion banners in all cafeterias, nutrition education bulletin boards in all schools, Fresh Fruits and Vegetables grants, Second Harvest Food Bank Backpack program, Fuel Up to Play 60, team nutrition schools participation, and nutrition education library available to all teachers
- Mental Health/Behavioral Health Interventions – hiring of a social worker, establishment of a mental health team, partnership with Centerstone in a teen pregnancy prevention program, P-3 Clubs (Positive Peer Pressure) and mental and social health library available to all teachers.

Franklin County has increased the number of school nurses serving the general population students from three (3) in 2007-2008 to (10) in 2010-2011 and we plan to add one more in 2011-2012 which will allow for a full time nurse serving the general population students in all eleven schools in the district!

Franklin County hired a Social Worker in 2010-2011 to assist students with their psychological and social needs.

Franklin County was the 2010-2011 school district winner in the Fuel Up to Play 60 “Titans of Taste” event by having the highest overall milk consumption per student for the contest period.

Franklin County received a HOPSports exercise system valued at \$10,000.

Through training and inclusion of the Michigan Model for comprehensive school health curriculum in grades K-8, we have improved the percentile score on Module 2 “Health Education” of the School Health Index from 43.5% in 2007/08 to 84.5% in 2010/11.

In such a short time, CSH in the Franklin County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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